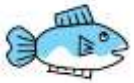
DISHES AND THEIR ALLERGEN CONTENT – EAST LOTHIAN PRIMARY SCHOOLS – MAINS MEALS

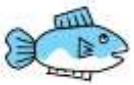
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
SWEET & SOUR VEGETABLES		**X**											**X**	
FISH FINGERS					**X**									
CHICKEN KORMA							**X**		**X**					
TOMATO PASTA		**X**												
VEGETABLE & LENTIL DAHL									**x**					
BOLOGNAISE SAUCE		**X**												
BEAN ENCHILLADAS		**x**					**X**							
VEGETABLE LASAGNE		**x**					**X**							
BREADED CHICKEN		**X**												
GAMMON & PINEAPPLE														
ROAST BEEF														

Review date: 18/06/2018

Reviewed by: Pamela Fraser

Food Standards Agency food.gov.uk

You can find this template, including more information at www.food.gov.uk/all

DISHES														
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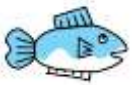
MACARONI		**X**					**X**		**X**					
CHEESE &TOMATO PIZZA CODE: 113092		**X**					**X**							
PESTO SAUCE							**X**							
QUORN DIPPERS		**X**		**X**			**X**							
SALMON & VEGETABLES					**x**								**x**	
SPANISH CHICKEN							**x**							
CHEESE & POTATO PASTY		**x**		**X**			**x**							
VEGETABLE QUICHE		**X**		**X**			**X**							
SALMON & VEGETABLES IN TERIYAKE SAUCE		**X**			**X**								**x**	
TUNA & PASTA BAKE		**x**					**x**							
VEGETABLE RISOTTO							**x**							
LAMB BURGER		**X**												

DISHES														
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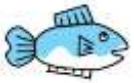
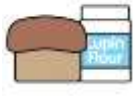
QUORN SAUSAGE		x		x			x							
CHICKEN PIE		x					x							
TOMATO SALSA														
RICE														
BURGER ROLL		X												
YORKSHIRE PUDDING		X		X			X							
GARLIC BREAD		X					X							
OAT CAKES FOR PICNIC PLATE		x												
EGG PICNIC PLATE				X										
CHEESE PICNIC PLATE							X							
HAM PICNIC PLATE														
PASTA		X												
NAAN BREAD		X					x							
EGG NOODLES		X		X										

DISHES														
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BAKED POTATO WITH CHEESE							**X**							
BAKED POTATO WITH TUNA MAYO				**X**	**X**									
BAKED POTATO WITH TUNA, RED ONION & SWEETCORN				**X**	**X**									
BAKED POTATO WITH BEANS														
BAKED POTATO WITH EGG MAYO				**X**										
BAKED POTATO WITH CORONATION CHICKEN				**X**										
CHEESE ROLL/SANDWICH		**X**					**X**							
TUNA ROLL/SANDWICH		**X**		**x**	**X**									
HAM ROLL/SANDWICH		**X**												
DICED /ROAST POTATOES/ POTATO WEDGES														